

## VITAMINS

**Patient:** Good morning, Mrs. Nováková, could I ask you a few questions?

**Nurse:** Yes, of course.

**Patient:** I would like to **strengthen** my **immune system** before the flu season. Can you **recommend** any vitamin **supplements** to me?

**Nurse:** First of all, I would recommend a healthy, balanced **diet** which is very important not only in the winter months. Eat a lot of fruit, vegetables, cereals, **lean meat**, fish... If you feel you need more vitamins than the food **contains** you can buy e.g. a vitamin C supplement.

**Patient:** Vitamin C **prevents** flu, doesn't it?

**Nurse:** Well, **not necessarily** but it can reduce the **length** and **severity** of its symptoms. Zinc can shorten a cold if you already have one.

**Patient:** OK, I'll buy vitamin C and zinc supplements.

**Nurse:** Also, a good **intake** of iron is necessary for energy, intellectual **performance** and vitality. A **lack** of iron **leads** to anaemia which **causes** lethargy and **listlessness**.

**Patient:** I do take iron regularly because I am a vegetarian and I don't eat meat **at all**.

**Nurse:** Taking Vitamin C **alongside** iron helps with its absorption. And vitamin A is also **essential** for a strong immune system and good **eyesight**.

**Patient:** My friend was also recommended selenium at a pharmacy.

**Nurse:** Yes, selenium has positive effects on the immune system. And it is thought to protect against cancer.

**Patient:** I am going to the pharmacy right away!

**Nurse:** And don't forget to ask them about the recommended **daily intake**.

## SLOVNÍ ZÁSoba

**to strengthen** = posílit

**immune system** = imunitní systém

**to recommend** = doporučit

**supplement** = doplněk

**dietary supplement** = doplněk stravy

**diet** = strava

**lean meat** = libové maso

**to contain** = obsahovat

**to prevent** = předejít, zabránit

**not necessarily** = ne nutně

**length** = délka

**severity** = závažnost

**intake** = příjem

**performance** = výkon

**lack (of...)** = nedostatek

**to lead (to)** = vést (k)

**to cause** = zapříčinit, způsobit

**listlessness** = netečnost

**at all (+ zápor)** = vůbec

**alongside** = vedle

**essential** = podstatný, kmenový

**eyesight** = zrak

**daily intake** = denní příjem



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